



# Stay healthy. Be well.

Find answers to your health  
and wellness questions at  
**[Source4Women.com](https://www.Source4Women.com)**.



# We work hard to earn your trust.

When it comes to your family's health, you need a resource you can turn to for information and support.

Source4Women gives you answers to your health and wellness questions, in plain language. From interactive seminars and presentations to healthy recipes and tips from the experts, we give you information to help you make more informed decisions.

You'll find information about health plan options, terms, and benefits, as well as resources to help you evaluate your options when selecting a plan. And you can access easy-to-use tools that let you take control of your care. Whether you're preparing for a doctor visit or need help filling prescriptions, you'll find answers you can trust at **Source4Women.com**.



## Stay connected.

For upcoming online seminars, the latest information, health tips, and more, follow us on Twitter® at **@Source4Women**. And be sure to like us on Facebook® at **Source4WomenUHC**.



### DID YOU KNOW?

The secret to healthy snacking is planning ahead. Keep nutritious snacks handy in your kitchen or bag.



## Your health care decisions.

At Source4Women, you'll find smart tools and resources that help keep you healthy.

### Focus on preventive care.

You can track your preventive screenings and vaccinations from your computer or mobile device. Get recommended immunization and screening schedules for each member of your family, and learn about the purpose of different tests. You can even print your personal results.

### Manage your health care.

You'll also find practical resources that put you in charge of your health care. Learn about common health issues for women your age, and get tips for maintaining a healthy lifestyle. And when it comes to taking care of your family, you'll find information on everything from childproofing your home to raising healthy teens to caring for aging parents.

### Read expert blogs.

Source4Women contributing experts write frequent blogs on many topics, including exercise and nutrition, emotional well-being, and other important health issues.

## Know your numbers.

Your cholesterol, blood pressure, blood sugar, and body mass index numbers can be key indicators of your risk for serious illness.

**Total cholesterol**

Goal  
**<200**

**Blood pressure**

Goal  
**120/80**  
or less

**Blood sugar (glucose)**

Goal  
**70-130**

**Body mass index (BMI)**

Goal  
**18.5-25**

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# Get more from your health care.

Source4Women is a one-stop resource for health information and support.



## Wellness TIP

To relieve the effects of menopause, consider these tips:

- **Avoid hot drinks and alcohol**
- **Dress in layers**
- **Exercise regularly**
- **Practice relaxation techniques**
- **Maintain a balanced diet**
- **Take calcium and vitamin D supplements**

## **Presentations are available whenever you are.**

Whether you want to lose a few pounds, start exercising, or learn how to relax, health and wellness presentations are available 24 hours a day. Access them from your computer at your convenience — on your lunch break, before bed, or whenever you have time. Listen to the full presentation, or select sections that are important to you.



## **Watch, participate, and learn.**

From diet and nutrition to skin safety and annual screenings, Source4Women online seminars are focused on keeping you and your family healthy. Each interactive hour-long session includes a Q&A period with the speaker following the presentation. Seminars are free, and you can access past events online anytime.

## **Find healthy, delicious recipes.**

From healthy entrees and side dishes to sensible desserts, Source4Women is your destination for delicious recipes. Browse through our online recipe box, and be sure to come back often because we're always adding new recipes.

Find more tips at **Source4Women.com**.

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